

# *Brookfield Senior Center*

*".... a place where things are happening!!"*

## **December 2016**

**Monday through Friday 8:00am – 4:00pm**

**100 Pocono Road, Brookfield CT 06804**

**Telephone: 203-775-5308**

[http://www.brookfieldct.gov/Pages/BrookfieldCT\\_Senior/index](http://www.brookfieldct.gov/Pages/BrookfieldCT_Senior/index)

Director of Senior/Social Services: Ellen Melville - [emelville@brookfieldct.gov](mailto:emelville@brookfieldct.gov)

Senior/Social Services Program Coordinator: Amy Diezemann - [adiezemann@brookfieldct.gov](mailto:adiezemann@brookfieldct.gov)

Social Services Coordinator: Lorraine Kelley - [lkelly@brookfieldct.gov](mailto:lkelly@brookfieldct.gov)



*Inclement Weather Policy: If Brookfield Schools are closed due to weather Brookfield Senior Center is closed for regular programming. If there is a 2 hour delay, we are open on time; however 9:30am exercise classes are cancelled. In case of unusual closings or if you have any questions, please contact the Center (203-775-5308)*

## **BROOKFIELD SENIOR CENTER Holiday Boutique**



**SATURDAY, DECEMBER 3**  
**10:00am to 2:00pm**

We will have baked goods,  
garden shop, jewelry, a variety of handcrafted  
items and our famous tag sale room!

*Lunch will be available to purchase.*

*Entertainment by Brookfield's own Sharps & Flats*

*All proceeds to benefit Friends of Brookfield Senior Center, Inc.*

## *Mark your Calendar - don't forget*

**Bingo – Monday, December 5 at 10:30am.** Join us for laughter, fun and games!



**Men's Breakfast** – There will be no Men's Breakfast in the month of December. Please join us on January 6, 2017 to ring in the new year!

**Friends of Brookfield Senior Center will be meeting Tuesday, December 13 at 11:00am.** Please join as we discuss happenings at the Senior Center. Refreshments will be provided.

**Farkle – Mondays at 1:00pm.** Join us for fun dice game and an afternoon of laughter.



**Let's Talk is Wednesday mornings at 11:00am.** Join this friendly group that discusses one topic each meeting. No political discussion is allowed.

**Ask an Attorney Round Table - Wednesday, December 21 at 9:30am.** Join lawyers from Kuss and Liguori for an informal round table discussion on topics of Elder Law. *Space is limited so please sign up early.*

**Housatonic Probate Judge Martin Landgrebe** – Due to the holidays, Judge Landgrebe will not be visiting this month. Judge Landgrebe will offer his time on Friday, January 27.

**Blood Pressure Screening (New Milford VNA) – Tuesday, December 27 at 11:30am.**

**Scrabble Play is Fridays at 11:00am and Wednesdays at 1:30pm.**  
Join us to meet some new friends!



### *Are you from The Bronx?*

**Monday, December 19 at 11:00am**

We often hear “are you from The Bronx?” around Brookfield Senior Center. Join this group on Monday, December 19 at 11:00am. We will share memories and experiences and meet other “Bronx transplants.” We may live in Connecticut now, but our hearts will always be in The Bronx!

### *December Closings and Cancellations*



We have tried to note all of the closings and class cancellations that we know of by the time we go to print on our December calendar. Please take a look!

### *Seeking your old jewelry!*



Our Boutique committee is seeking your old jewelry for our jewelry sale table at the Holiday Boutique. Please drop off with Ellen or Amy. Thank you!

### **Holiday Shopping Wish List!**

For everyone having trouble with a holiday “wish list”, here are some ideas!

Free weights for strength training class  
Yoga mat  
Water bottle  
New exercise shoes  
Workout clothes  
Gift certificate for a Senior Center trip



### ***SweetHART Telephone Numbers:***

Reservations: (203) 748-2511

Will call/pickups, cancellations and confirmations: (203) 830-4399

Comments/questions: (203) 744-4070



## *Improve Your Mind & Body*

### ***PLEASE CHECK OUR CALENDAR FOR HOLIDAY CANCELLATIONS!***

**Yoga with Kris on Mondays and Wednesdays from 2:30pm – 3:45pm.** Join us for a gentle Vinyasa flow class. This class focuses on proper alignment, movement modifications (if needed) and your breathing.

**Strength/Balance with Claudia is on Mondays at 1:00pm.** Join Claudia for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

**Line Dancing with Jill on Tuesdays at 9:30am.** Everyone will enjoy this fun and entertaining class! Beginners welcome.

**Chair Yoga is on Tuesdays at 1:00pm with Kris.** It's a great class for those who have hip or knee limitations. This class will give you all of the benefits of a traditional yoga class without getting on the floor!

**Tai Chi with Susan is on Wednesdays at 9:30am.** Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Also join us for **Advanced Tai Chi at 6:45pm on Thursdays.**

**Functional Strength and Balance with Cassie on Wednesdays at 1:00pm.** Join this great program and start moving again!

**Low Impact Aerobics is on Thursdays at 9:30am with Claudia.** Great for all levels.

**Walk & Talk on Thursdays at 11:00am with Cassie** will continue through November, weather permitting.

**Muscle Sculpt Chair Class with Miriam is on Fridays at 10:45am.** This class is designed for all able-bodied participants. Exercises will be done seated and/or standing.

**Zumba with Coleen is on Saturday mornings at 9:30am.** It's the perfect way to start your weekend!

*Please consult your personal physician before beginning any new exercise class.*

### ***Ongoing Classes/Activities:***

**Scrabble Play** is Wednesday at 1:30pm and Fridays at 11:00am.

**Wood Carving Group** meets Mondays at 1:00pm. Join this group and learn something new! Bring your friends.

**Quilting Group** meets Tuesday mornings at 10:00am.

**Wii Bowling** is Tuesdays from 9:30am to 12:00noon and Thursdays from 10:30am to 12:00noon.

**Knitting group** meets on Wednesdays at 10:00am. This fun group knits, laughs, and shares ideas.

**Painting and Drawing with Adele** meets Thursdays at 10:00am. Explore your talents and expand your skills with this group. Cost is \$3 if you pay by the month or \$5 for drop-in.

**Sharps & Flats Band and Singing group** meets Thursdays at 10:30am. Join this fun group of musicians and singers.

**Brookfield CARES Hope and Support Group:** Brookfield CARES meets weekly at Brookfield Senior Center on Monday evenings at 7:00pm. This group is for all those with loved ones affected by substance abuse or other at-risk behaviors and is facilitated by an experienced drug and alcohol abuse counselor.

**Alzheimer's Support Group: Wednesday, December 14 from 6:30pm – 8:00pm and Wednesday, December 28 from 1:00pm – 2:30pm:** For caregivers, family members or friends of people affected by Alzheimer's disease or other forms of Dementia. This ongoing educational group meets in a safe and caring environment twice a month. Please join us as often as you like!

# Brookfield Senior Center



P.O. Box 5106  
100 Pocono Road  
Brookfield, CT 06804



*Check us out on Facebook*

**Senior Center Membership:** Those wishing to use Senior Center services must become members. Brookfield residents age 60 and over can join the Senior Center at no cost. Nonresidents age 60 and over will be charged a \$20 annual membership fee. Underage spouses may become members and may participate in activities with their spouses who are registered members.

Only participants with current memberships are allowed to attend Senior Center activities. All members must sign in at the front desk upon entering the Senior Center and before participating in any activities. This is a safety measure so staff is aware of who is in the building. This also allows us to track how many seniors we serve.

**Personal Conduct:** The Brookfield Senior Center is a facility where people age 60 and older meet to participate in social, educational and other activities in order to enhance and enrich their lives. It is therefore necessary to establish standards of behavior.

Everyone has the right to expect others to act respectfully towards them and each is responsible to act respectfully towards others. Courtesy will be shown to all persons at all times. Personal problems between individuals should not be addressed at the Center. Discrimination towards any person for any reason will not be tolerated.

Town of Brookfield employees are here to serve you. They should be treated with respect and courtesy.

If any senior does not adhere to this policy, the Director of the Senior Center will determine if any action is to be taken to prevent recurrence.

Everyone is responsible for maintaining the premises in a neat and orderly fashion and cleaning up after themselves. Please leave the room in the same manner that you found it.



## *Escape With Us!*



**Governor's Mansion & Wadsworth Atheneum: Sunday, December 4.** We will start at the Governor's Mansion to enjoy their festive holiday decorations. Lunch is at Carbone's Kitchen in Bloomfield, followed by a trip to Wadsworth Museum of Art and the Annual Festival of Trees. Cost is \$88pp. *Wait List Only.*

**Mama Mia- at Westchester Broadway Theatre: Thursday, March 30, 2017.** Join us for this great show full of great songs and lots of energy! Cost is \$99. Now accepting reservations.

**May 21- June 3, 2017: Cruise to the British Isles.** More information available at the Center.

**Wednesday, April 26, 2017:** We will be enjoying a full course luncheon at Caterina de Medici Restaurant at the Culinary Institute in Hyde Park, NY. Following lunch you will have a special visit to FDR Home, Library and Museum in Hyde Park. Cost is \$95pp. Now accepting reservations.

**Monday, May 15:** Swing into Spring with the world famous Glenn Miller Orchestra at the Aqua Turf while enjoying the delicious family style lunch that Aqua Turf is famous for! Cost is \$93pp. Now accepting reservations.

**September 25 – 28, 2017: Three night visit to Niagara Falls, Skylon Towers, Fallsview Casino and Peller Estates Winery.** More information available at the Center.

**Wednesday, September 27: Hello Dolly!** On Broadway! Join us for the revival of this glorious comedy extravaganza! Enjoy a pre-show lunch at Maria's Mont Blanc restaurant. Cost is \$175pp. We are now accepting reservations.

***Some Other Trips we are working on for 2017 – more information and more trips in coming newsletters:***

Thursday, June 22: A visit to the Intrepid Sea, Air & Space Museum and the Circle Line Cruise.

July: A visit to Tanglewood.

Tuesday, August 29: Lake George Luncheon Cruise and more.

September: Our 5<sup>th</sup> Annual Mystery Trip!

Sunday, October 1: Hairspray at Thomaston Opera House.

*Note: it is the policy of Brookfield Senior Center to load buses in the order in which **final** payment is received.*

## ***Movie Matinee presents:***

**Friday, December 9 at 1:00pm: Wild Oats.** Eva (Shirley MacLaine), a widow and retired history teacher, enjoys a quiet life. Everything changes when she receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000. At the not-so-gentle urging her best friend Maddie (Jessica Lange), Eva deposits the money and the two friends head to the Canary Islands with every intention of living it up. But their fantasy is short-lived when they discover that they have become media sensations overnight. Fugitives from justice, the two are forced to outwit a trio of con men, led by the local Wine "warlord" - Carlos (Santiago Segura), and outmaneuver a dogged life insurance agent Vespucci (Howard Hesseman).





## News You Can Use from Brookfield Social Services

Lorraine Kelley, LCSW  
(203) 775-7312

### Winter Preparations

Before it becomes an emergency, take a few minutes to prepare yourself for the stormy winter weather ahead. Did you lose power? Come recharge with us during regular Senior Center hours. Coffee, warmth and friendship are abundant.

#### Check your Supplies:

Batteries, flashlights, battery-operated radio, bottled water, and canned food. Replenish these and know where they are located in the house.

#### Medications:

Make sure you always have a sufficient supply of your prescription medications, especially when you hear a prediction for an upcoming storm.

#### Emergency Shelter:

The Brookfield High School is our emergency shelter when needed. You can call the non-emergency phone number for the Police (203-775-2575) to determine if the shelter is open. An announcement will also be made on WLAD, our local radio station.

#### Elderly Neighbors:

Give a call to those who live alone to make sure they are safe.

#### Sign up for CT Alert:

This service allows you to sign up to get emergency alerts on your mobile phone, work phone, by e-mail, home phone, and more. Go to [www.CTAlert.gov](http://www.CTAlert.gov) to sign up online or inquire at the Senior Center.

### 2017 Medicare Prescription Plan – Annual Switch Deadline

**December 1, 2016 is the deadline** for switching your Medicare Part D plan. If you want help comparing the Medicare Part D plans, please complete a Personal Information Form (PIF) and return it by November 28 to the Senior Center. Forms are available at the Senior Center.

#### *December Garden Club Wednesday, December 7 at 12:30pm*



We will be making holiday arrangements for your wall or door using fresh greens. Sign up for this fun and creative class!

#### *FISH*

Transportation for medical appointments between 9:00am – 2:00pm; Monday – Friday.



Ambulatory disabled and/or seniors in Brookfield may call (203) 616-9678 to submit their request at least 3 days but no more than 7 days before the appointment.

#### *Strengthening and Strategies for Getting up From the Floor*

*Beginning Thursday, December 8 at 1:00pm*

In this class we will work on strengthening the muscles you need to get up from and down onto the floor. If you are already able to get up and down, we will work on strengthening your body work on balance on and off the floor. If you are currently unable to get up and down, we will strengthen the muscles you need to be able to do this by yourself.

*Introducing a new class and some new strategies!*

Please speak with Cassie Dunn before/after the Wednesday Functional Strength to see if this is appropriate for you!



***Holiday Gala 2016***  
***Friday, December 16 at 12:00 noon***



Join us for a gala lunch and entertainment by  
*The Elderly Brothers!*

Prior to the entertainment, we will share in an old tradition loved by many “Yankees” and that doesn’t mean the baseball team, nor does it mean “Yankee Swap”!

Bring a WRAPPED item from home or a new item purchased for under \$10.00. We will enjoy a festive game together and also enjoy a few laughs. That’s all we’ll divulge so we don’t let the cat out of the bag.



Lunch will include ham and au gratin potato and more.  
Please inform us when you sign up if you would  
prefer a vegetarian option.

*Cost is \$15 per person.*  
*Please sign up at the front desk to reserve your spot.*

***Don’t Forget our Soldiers!***  
***Deadline for Collection is Monday, December 12***

Sending boxes to our soldiers continues as an ongoing effort to support our Brookfield Troops. We will be sending a box to a Brookfield resident stationed in Afghanistan. We hope to be able to ship the box(es) well before the holiday so he may receive it on Christmas or New Years. If you are unable to shop, we will shop for you. If you choose to send clothing, it should be black, gray or white and size XL. A collection box will be located at the front desk. Some items requested are:



Chap Stick, Q-Tips, Deodorant, Chocolate Kisses, A Christmas Card (or 2), wool socks, Sunscreen, Winter Gloves, Wool Hat, Pop Tarts, Disposable Razors, Candy Canes, Pop Tarts, Granola Bars, Trial Size moisturizer, White Hanes Undershirts, homemade cookies, or homemade anything!

**Thank you for your support and let’s band together and see that he has a wonderful holiday!**



# **WANTED**

## **Items for BSC Holiday Boutique**

### **We are now seeking donations.**

BSC is accepting good useable household items, holiday decorations, linens, vintage items etc.

*Please bring in items that are clean and in working condition.*

Drop off for these donations will be at the Center on **Tuesday, November 29 and Wednesday, November 30 between 9:00am to 3:00pm. and Thursday December 1 between 9:00am and 12:00noon. We will not be able to accept donations after this time.**

We are also accepting donations of jewelry in clean and working condition. Bring your donation to the Center at any time during business hours.

Please give to Ellen or Amy.

Due to limited space we cannot accept:  
Clothing, toys, baby or exercise equipment, electronics, appliances or large furniture.

Our Boutique will be held on  
**Saturday, December 3 from 10:00am – 2:00pm**











# SENIOR ACTIVITIES ~ DECEMBER 2016

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

(203) 775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
	<p><b>Lunch is served Monday through Thursday 12:00 Noon</b></p> <p><b>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</b></p>	<p><b>* Sign Up Required</b></p> <p><b>\$Fee Required</b></p>	<p>1</p> <p>9:30 LI Aerobics \$ 10:00 Paint &amp; Draw cancelled 10:30 Sharps &amp; Flats 10:30 Wii Bowling 11:00 Walk &amp; Talk 12:00 Lunch Program* 1:00 Bridge &amp; Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi</p>	<p>2</p> <p>All activities cancelled</p> <p><b>Boutique Setup</b></p> 	<p>3/4</p> <p>Saturday Zumba Cancelled</p> <p><b>Holiday Boutique Saturday, Dec 3 10:00am – 2:00pm</b></p> <p><b>Hartford Trip Sunday, Dec 4 Departure at 9:15am</b></p>
<p>5</p> <p>9:30 Canasta 10:30 Bingo 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle &amp; Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>6</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga\$</p>	<p>7</p> <p>9:30 Tai Chi\$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 12:30 Garden Club* 1:00 Functional Strength &amp; Balance\$ 1:30 Scrabble 2:30 Yoga \$</p> 	<p>8</p> <p>9:30 LI Aerobics \$ 10:00 Paint &amp; Draw (no instructor) 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Bridge &amp; Poker 1:00 Mahjongg 1:00 Getting up from the Floor* 6:45 Advanced Tai Chi\$</p>	<p>9</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 1:00 Movie Matinee – Wild Oats</p>	<p>10/11</p> <p>9:30 Saturday Zumba\$</p>
<p>12</p> <p>9:30 Canasta 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle &amp; Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>13</p> <p>9:00 Mahjongg 9:30 Line Dancing \$ 9:30 Wii Bowling 10:00 Quilting 11:00 FOBSC Meeting 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga\$</p>	<p>14</p> <p>9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength &amp; Balance\$ 1:30 Scrabble 2:30 Yoga\$</p> <p>6:30 Alzheimer's Support 7:00 Stamp Club</p>	<p>15</p> <p>9:30 LI Aerobics\$ 10:00 Paint &amp; Draw (no instructor) 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Bridge &amp; Poker 1:00 Mahjongg 1:00 Getting up from the Floor* 6:45 Advanced Tai Chi\$</p>	<p>16</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Holiday Gala*\$</p> 	<p>17/18</p> <p>9:30 Saturday Zumba\$</p>
<p>19</p> <p>9:30 Canasta 11:00 Are you from the Bronx?* 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle &amp; Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>20</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 11:30 Blood Pressure NMVNA 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga\$</p>	<p>21</p> <p>9:30 Tai Chi 9:30 Ask an Attorney* 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength &amp; Balance\$ 1:30 Scrabble 2:30 Yoga\$</p>	<p>22</p> <p>9:30 LI Aerobics\$ 10:00 Paint &amp; Draw (no instructor) 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Bridge &amp; Poker 1:00 Mahjongg 1:00 Getting up from the Floor cancelled 6:45 Advanced Tai Chi\$</p>	<p>23</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$</p> <p><b>SENIOR CENTER CLOSING AT 1:00PM</b></p>	<p>24/25</p> <p>9:30 Saturday Zumba cancelled</p>  <p>MERRY CHRISTMAS</p>  <p>HAPPY HANUKKAH</p>
<p>26</p> <p><b>SENIOR CENTER CLOSED FOR CHRISTMAS</b></p> 	<p>27</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 11:30 Blood Pressure Screening 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga cancelled</p>	<p>28</p> <p>9:30 Tai Chi\$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength &amp; Balance cancelled 1:00 Alzheimer's Support Group 1:30 Scrabble 2:30 Yoga cancelled</p>	<p>29</p> <p>9:30 LI Aerobics\$ 10:00 Paint &amp; Draw (no instructor) 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Bridge &amp; Poker 1:00 Mahjongg 1:00 Getting up from the Floor cancelled 6:45 Advanced Tai Chi\$</p>	<p>30</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$</p> <p><b>SENIOR CENTER CLOSING AT 1:00PM</b></p>	<p>31/1</p>  <p><b>HAPPY NEW YEAR 2017</b></p> <p><b>Please Note:</b> Brookfield Town Hall and Senior Center are closed Monday, Jan 2.</p>